

OB/GYN Residency Newsletter

February 2022
Volume 4 Issue 2

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“Our residents work tremendously hard, taking excellent care of our patients.”

A word from the Program Director

We have all had another challenging year. I hope that with the falling number of Covid-19 cases, we will once again be able to do more activities in-person.

The past six months have been very busy for our residency, with the highest deliveries in December 2021. Our residents work tremendously hard, taking excellent care of our patients. To recognize all the residents' efforts, the annual Arnold P. Gold Foundation's national "Thank a Resident Day" is always celebrated on February 25. GME has several activities planned. To show our appreciation, our faculty sponsored lunch on February 25, and the residents will be going to Topgolf on March 3 for an evening of camaraderie and fun. Thank you to the faculty for covering so that all the residents can attend. The Cooper Foundation OB/GYN Alumni Fund for Resident Education and Wellness has provided funding for this event. Thank you to the faculty for all you do for resident education and wellness.

We have relocated from 3 Cooper Plaza, Suite 221 & 520 to 101 Haddon Avenue, Suite 503A. Please stop by and say hello!



Friendly Reminders

Residents - Please:

- Complete your monthly post rotation TrueLearn Quizzes
- Remember to log your duty hours daily.
- Keep your case logs up to date on a weekly basis.
- Schedule a monthly meeting with your mentor and complete the mentoring form.
- Complete the ACGME resident survey once released - Deadline April 17
- Sign up for Disability insurance offered by Cooper
- If you have not done so already, complete Cooper Health System DEI survey https://www.surveymonkey.com/r/CHS_DEISURVEY

Faculty - Please:

- Complete the ACGME faculty survey once released, Deadline - April 17
- Continue to complete the monthly post rotation evaluations in New Innovations within 2 weeks of receiving them
- Continue to complete myTIPreports
- Complete Physician Time Study - Deadline - March 11

Diversity, Equity and Inclusion

February is Black History Month

Black History Month Challenge issued by
Nick Calder, MD,
the Associate Nocturnist Director and
Hospitalist

We invite you to accomplish as many of the
items on the list as you can.



Upcoming Events sponsored by CMSRU:

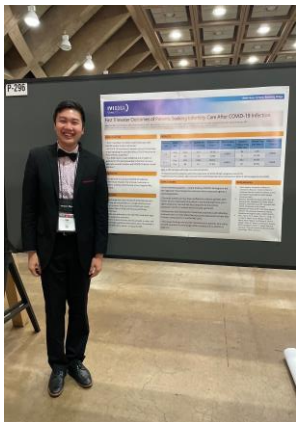
- Through 2/28: Black Literature Book Drive
- Monday, 2/28: Power of Our Voices: Black Maternal & Child Health (Camden Prenatal Collaborative). Time/Place: Noon - 1 p.m. in the Multipurpose Room (MPR)
- Book Club for Black History Month. Virtual Event via Webex. New Date/Time: March 2 at 1 p.m.

DEI Projects Accepted for Poster Presentation at 2022 ACOG Annual Clinical Meeting

Decreasing racial disparity in unexpected complications of term newborns (Perinatal Core Measure 06). Chelsea Katz, MD, Guy Hewlett, MD, Alexander Santangelo, BA, Robin Perry, MD

Improving the on time administration of antibiotics for cesarean delivery in African American and Latina women. Michelle Mele, MD, Kyle Le, MD, Guy Hewlett, MD, Robin Perry, MD

Research Division News



Kyle Le, MD, PGY2
at ASRM

Le K, Roberts L, Margolis C, Klimczak A, Herlihy N, Kim J, Hanson B, Seli E, Scott R, Werner M. First Trimester Outcomes of Patients Seeking Infertility Care after COVID-19 Infection. ASRM Annual Meeting, 2021.



Stephanie Kass, MD, PGY3,
at the podium at AAGL



Kass S, McKeever D, Mama ST. Minimally Invasive Approach to Pelvic Arteriovenous Malformation (AVM) Refractory to Embolization. AAGL Annual Meeting, November 2021.

Recent Publications:

Paclitaxel use in pregnancy: neonatal follow-up of infants with positive detection of intact paclitaxel and metabolites in meconium at birth

European Journal of Pediatrics. 2021, September. <https://doi.org/10.1007/s00431-021-04260-3>.

Authors Elyce H Cardonick 1, Andie E O’Laughlin 2, Samantha C So 3, Lindsay T Fleischer 4, Serwaa Akoto 1

Immunotherapy for cancer treatment during pregnancy

Lancet Oncol. 2021 Dec;22(12):e550-e561. doi: 10.1016/S1470-2045(21)00525-8. Authors Jessica S W Borgers1 , Joosje H Heimovaara2 , Elyce Cardonick 3 , DaanDierickx4 , Matteo Lambertini5 , John B A G Haanen1 , Frédéric Amant 6

Incidence of childhood hearing loss after in utero exposure to platinum agents

PrenatDiagn. 2021 Oct;41(11):1467-1474. doi: 10.1002/pd.6035. Epub2021 Sep 12. Authors Lauren E Finch 1, Elyce H Cardonick 2

Epigenetic Therapy Augments Classic Chemotherapy in Suppressing the Growth of 3D High-Grade Serous Ovarian Cancer Spheroids over an Extended Period of Time

Biomolecules. 2021 Nov 17;11(11):1711. doi: 10.3390/biom11111711. Authors Michelle Bilbao 1 , Chelsea Katz 2 , Stephanie L Kass 2 , Devon Smith 3 , Krystal Hunter 4 , David Warshal 5 , James K Aikins 6 , Olga Ostrovsky 7

Umbilical cord prolapse: are maneuvers always necessary to relieve cord compression?

Am J ObstetGynecol. 2021 Dec 10;S0002-9378(21)02647-8. doi: 10.1016/j.ajog.2021.12.009. Online ahead of print. Author Richard L Fischer

Research Division

Now recruiting patients for the following research studies:

A Phase 3, Randomized, Double-Blinded, Placebo-Controlled Trial to Evaluate the Efficacy and Safety of a Respiratory Syncytial Virus (RSV) PrefusionF Subunit Vaccine in Infants Born to Women Vaccinated During Pregnancy

PI: Peter Chen, M.D.

- Basic Inclusion is GA 24.0 to 36.0 weeks
- Uncomplicated singleton pregnancy, Negative RPR, HBV, and HIV and willing to have antepartum RSV vaccine vs placebo.

MATERNA study

PI: Rori Dajao, MD

- Offer to all Nulliparous women

Inclusion Criteria:

- Nulliparous women
- BMI<35
- >36 weeks gestation
- not opposed to getting epidural

Olive oil study - Randomized control trial in 2nd stage of labor

PI: Blaire Nasstrom, PGY-2, Research Mentor: Guy Hewlett, MD

- ALL women intending to deliver vaginally, should be offered the Olive Oil study.
- If a nulliparous woman declines the Materna study - please also offer her the Olive oil study.

Association of Hypertensive Disorder of Pregnancy with Sleep-Disordered Breathing

PI: Meena Khandelwal, MD

- Please refer women staying overnight on MFCU with hypertension AND normal controls to Alex Santangelo or Dr. Khandelwal.
- Inclusion is GA>20 wks, Singleton, Inpatient
- Exclusion is respiratory distress including asthma, craniofacial abnormalities, active heart failure, sepsis or labor.

Cervix Monitor for Elasticity and Length

PI: Meena Khandelwal, MD

- Recruiting for one month only - offering \$50.00
- Singleton fetus between 24-28 weeks (no real exclusion except uterine anomaly and multiple gestation)
- Please call me at 609-238-2899.

Spotlight on Faculty Member, Dr. Lioudmila Lipetskaia

Where did you go to medical school and residency?

Medical School: In Russia, the city named Nizhniy Novgorod Residency: St. Luke's, Bethlehem, PA

What do you look forward to the most about teaching residents?

I enjoy watching how residents grow professionally. Everyone comes in with slightly different backgrounds, different skill sets and different challenges. Watching how young trainees develop is a fascinating process. I am trying to be helpful in any way I can, but for me the good surgical training always boils down to engagement and focus on the trainee's performance. Surgical mentoring is a lot like professional sports coaching. You have to provide a lot of feedback on the spot otherwise the learning curve flattens. If you do your job well as a coach, many small improvements finally accumulate and lead to better overall performance. This is not a battle you can win overnight: it takes time, hard work, repetition and constant feedback. Residents eventually become outstanding surgeons and standing by them as they perfect their moves is a source of joy for me.

What books are you currently reading?

I am reading, "How the mind works" by neurologist, Steve Pinker. This book is incredibly hard to understand and process. It is loaded with science facts and theories on human brain, senses, cognition and neuronal networks. Steve Pinker is a good author and his books are typically very easy to read, but this one is very perplexing. It is taking me a long time to finish, but I think I now better understand why it is so challenging for Tesla to develop a self-driving car.

What is your favorite restaurant?

I do not eat out much. Even when I eat out – I do it because of the promise of interesting social interaction: I like a good stimulating dinner conversation. My favorite outdoor dining experience is people watching in any restaurant while I am travelling abroad.

What do you like most and least about medicine?

I like practicing medicine because it is one of the rare examples of modern world occupations where you can do engaging meaningful and intellectually stimulating work and not be tied to the office chair.

I do not like the time consuming and mind tiring chores of everyday doctors' life: coding, billing, charting and Epic clicking. These mind-numbing tasks take meaning out of what we do and should be done by AI. I do not like the constant struggle for resources: for many of my patients medications are too expensive and insurance policies are too limiting. I hate the feeling of doing an inferior job because I do not have resources to do better. That being said I never saw my career evolving outside of the medicine. I enjoy what I do every day. I just wish the negative side would be smaller.



Lioudmila Lipetskaia, MD

*Program Director
Female Pelvic Medicine & Reconstructive
Surgery Fellowship*

Assistant Professor

**"...standing by them
(residents) as they perfect
their moves is a source of joy
for me."**

Spotlight on Education Chiefs

Dr. Robin Clark



Where did you relocate from?

Prior to coming to Cooper I was most recently in Baltimore. But I grew up in Lexington, KY, and have spent the last 18 years in the northeast between NYC, Boston, Philly, and Baltimore.

What do you enjoy most about Cooper?

Definitely the people. I enjoy the relationships I have with the attendings in our department. Because of their consistent positivity and camaraderie, this is a very supportive and healthy environment in which to learn and work.

Do you have a favorite restaurant?

My favorite restaurant is Nom Wah Dim Sum in Chinatown.

What do you like to do when you are not working?

Puzzles, board games, work on my salt water aquarium, sing karaoke, SCUBA dive, travel to unusual places, and eat fine dining.

Now that you are almost done with residency, what advice do you have for your junior residents?

Stay focused on your long term goals. Residency is just a short period of time in your career and it's easy to get bogged down with task completion as a junior resident. Make sure you prioritize the things that will make you a better clinician for your patients and get you to the next step in your career.

Dr. Dominique McKeever

Where did you relocate from?

I was born and raised in Camden County

What do you enjoy most about Cooper?

I enjoy the people I work with - co-residents, attendings, nurses and OR staff make it easy to come to work!

Do you have a favorite restaurant?

My favorite restaurant is Wm. Mulherin and Sons in Fishtown!

What do you like to do when you are not working?

I love to try new restaurants with my friends!

Now that you are in your last year of residency, what advice do you have for your junior residents?

Never stop learning!



Spotlight on Alumna, Dr. Inara Omuso

What year did you finish residency?

I finished 2018 with the awesome co-chiefs Drs. Shukla, Spivack and Khorshandi.

What is your current role and location?

I am currently a General OBGYN in Southern Maryland

What first inspired you to get into OB/GYN?

I was first inspired to get into OB/GYN during my 3rd year in medical school when we started clinical rotations. Up until that point I was convinced that I would be a Pediatrician. After rotating through General Surgery and realizing I loved the procedures, I fell into OB/GYN and discovered you can have procedures, continuity of care and the privilege of being a Women's Health advocate all in one specialty!

What advice would you give to OB/GYN residents?

Take advantage of your clinical exposure at Cooper University; your access to a wide variety of surgeries, pathology, socioeconomic and cultural differences, and the subspecialties. There is still so much more to learn in the land of the OB/GYN generalist, but your foundations will be much stronger than you realize!

How do you like to spend your free time? Do you have any hobbies or interests?

I love to travel (sans COVID restrictions), spend time with my family, and read!



Inara Omuso, M.D.

*Generalist, OBGYN, Southern MD
Cooper OBGYN Resident 2014-2018*

Dr. Omuso and her Family



“There is still so much more to learn... but your foundations will be much stronger than you realize!”

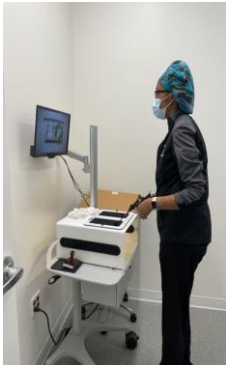
The Cooper Foundation OB/GYN Alumni Fund for Resident Education and Wellness is the main source of funding for our residency wellness initiatives. Please consider donating to this worthy and very necessary cause by clicking this link:

https://support.foundation.cooperhealth.org/site/Donation2?1400.donation=form1&df_id=1400&mfc_pref=T.

Your donation is tax deductible. Thank you in advance for your generosity.








SIM Day

Resident SIM and Skills Day focused on postpartum hemorrhage, cold knife cone biopsy and LEEP, FLS, transvaginal ultrasound and breaking bad news



ACOG Wellness Week 2022
February 7-13

Wellness Week 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EMOTIONAL WELLNESS	PHYSICAL WELLNESS	SOCIAL JUSTICE AND COMMUNITY WELLNESS	SPIRITUAL WELLNESS AND MINDFULNESS	ENVIRONMENTAL WELLNESS	DIY WELLNESS	DIY WELLNESS
 Grab a Valentine from the workroom and write your colleagues a little note to make them feel warm and fuzzy! Paper bags with names are on the shelf!	Take the stairs everywhere you go! Keep an eye out for our google doc where we will be hosting a healthy recipe swap! Get together with your classmates who have a Peloton for a group exercise class! 	 Letter writing campaign: Write letters to congress on OB/GYN related issues through ACOG! Period product drive: bring in tampons, pads, menstrual cups, etc for a donation!	Pick a time during your shift for your team to do a 5 minute guided meditation together on Headspace or Peloton apps 	 Use public transportation or carpool to work! We will also continue our annual tradition of painting a ceiling tile in our workroom- reusing what we already have to make our environment just a little nicer!	Spend some quality time with friends and family. Go for a walk, participate in a Super Bowl party, or catch up on some much needed sleep! 	

#ACOGBeWell2022



Residents leaving their "mark" on the workroom



Amelle and Kyle eating healthy snacks during night float



ACOG District 3 Junior Fellows Day

COMPRESSION SOCK SALE

\$20 PER PAIR
BENEFITTING THE LILITH FUND:
THE OLDEST ABORTION FUND IN TEXAS




Email your order & shipping address to:
sabbrunozi@gmail.com

Venmo:
@sabrinarbrunozi

Interns with Nursing Mentors



Caroline with Tina Ward



Lexie with Sara Davis



Anna with Laura Profico

Amelle with Megan Fadool



OB/GYN Team Player of the Quarter

1st Quarter 2021-22



Chelsea Katz, MD

2nd Quarter 2021-22



Amanda Malik, MD

Holiday Highlights



Residents in the
Holiday Spirit

2021 Holiday Tree contest winners:
Urogyn, Voorhees Congratulations for
Best Healthcare Theme



2021 virtual holiday tree contest - Healthcare theme
"All I want for Christmas is some pessary relief" Urogyn
Voorhees



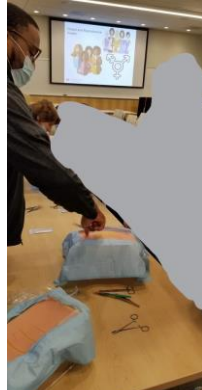
Cooper New
Year's Brigade

Dr. White and Dr. Quiñonez
picking up lunch, sponsored by
our faculty, for the Arnold P.
Gold Foundation's national
"Thank a Resident Day".



Out in the Community

On November 13, 2021, 5 Attendings and 3 Residents participated in The Junior Urban Medical Pioneers (JUMP) High School Academy, a CMSRU run program for high school students from underrepresented or financially disadvantaged backgrounds who have a strong interest in math and science.



Our Department participated in holiday giving for the Guadalupe Family Services, a nonprofit that provides social services to children and their parents in Camden.

JFWCC organized a raffle of newborn gift baskets during the holidays.

With the generous donations, they were able to raffle off four gift baskets filled with baby bottles, books, blankets and other baby supplies.



Faculty Development Week

The Office of Faculty Affairs has organized Faculty Development Week, March 7-9, 2022

Early Faculty Session: Faculty Development Forum

Monday, March 7, 2022; 1-5 p.m.

CUHC CC Rooms 105 & 106 and via WebEx

Designed for faculty who are early in their careers, this session will focus on skill development. Topics include delivering effective presentations, bedside teaching, and feedback/evaluation will be presented and discussed.

[CLICK HERE TO RSVP: Early Faculty Session](#)

Medical Education Grand Rounds: “Building Resilient Learners”

Tuesday, March 8, 2022; 7-8 a.m.

Via WebEx (link will be sent out by Faculty Affairs)

It’s bouncing forward, not just back. How understanding resilience concepts like growth mindset and grit help identify traits in oneself to model sustaining practices for our learners.

(No RSVP Required)

Program Director Session (or any interested faculty): Faculty Development Forum

Tuesday, March 8, 2022, 1-5 p.m.

CUHC CC Rooms 103 & 104 and via WebEx

- Resident Remediation – Diagnosing the Problem: This session, presented by Dr. Natalie Burman, will discuss how to recognize a struggling learner, apply a framework to identify the learner’s struggles and to utilize tools to remediate common deficiencies.
- Improving Test-Taking Using Self-Regulated Learning: This session, presented by Dr. Mary Andrews, will illustrate how self-regulated learning analysis can be used to identify and remediate poor test-takers. A question review form will be used to diagnose struggling test-takers depicted in video examples.

[CLICK HERE TO RSVP: Program Director Session](#)

All Faculty Session: Faculty Development Forum

Tuesday, March 8, 2022 5:30-7:30 p.m.

CUHC CC Room 121 and via WebEx

Encouraging Learners to Function at their Best: This session will define growth mindset as it relates to learners and utilize direct observation to determine areas for individual growth.

[CLICK HERE TO RSVP: All Faculty Session - Evening](#)

All Faculty Session: Faculty Development Forum

Wednesday, March 9, 2022; 1-5 p.m.

CUHC CC Room 121 and via WebEx

“They Don’t Like Me – The Challenges of a URM Student” presented by 2nd LT Monnique Johnson, Medical Student, F. Edward Herbert School of Medicine, Uniformed Services University of the Health Sciences & Mentoring Panel Discussion

[CLICK HERE TO RSVP: All Faculty Session - Wednesday Afternoon](#)

Residents: There are two “Residents as Teachers” sessions

Part 1: Level up! Honing Your Feedback Skills to Improve your Procedural Teaching

Part 2: Setting Expectations for Improved Learning and Teaching Environment

Location: In-person only - CC 121

[RSVP - Monday, March 7, 2022: 12:00 noon-1:00 p.m.](#)

[RSVP - Tuesday, March 8, 2022: 8:00-9:30 a.m.](#)

OB/GYN FAMILY MEMBERS

Proud Parents & Grandparents



Dr. Malik's
son, AJ



Dr. Griffiths
son, Georges



Dr. Griffiths with her
husband, Elias & son
Georges



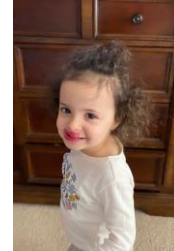
Dr. Fischer's
grandson, Oliver
with his Mom &??



Dr. Adriance's
son, Jack



Dr. Elshoreya
& son, Youssef



Dr. Elshoreya's
daughter, Lena



Sue with her husband,
Ed & grandchildren



Dr. Khandelwal's
grandchildren
Riaan Jai Tenjarla
Amal Sahana & Ishaan Brij Agarwal



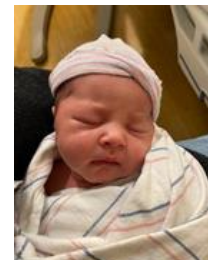
Dr. Hewlett with his
grandson, Ellis

Exciting times for the Fischer Family



Congratulations
to Dr. Fischer's
daughter,
Sarah and her
fiancé Eddy!!

Welcome
Lily Jacobson Fischer!!
Born on 2's Day,
2/22/2022!!



OB/GYN Scrapbook

As we were packing to move to our new location, we came across some pictures from years past.



Can
you

spot

any

familiar

faces?



Important Dates & Announcements

Important Dates:

February 7-11	CREOG Wellness Week
February 11	TeamSTEPPS
February 18	SIM Day
February 23	Moving Day
February 25	Arnold P. Gold Foundation's "Thank a Resident Day"
March 9-11	CREOG/APGO
March 18	MATCH DAY
April 1	Mock Orals PGY-1 & 4
April 8	Mock Orals PGY-2 & 3
April 29	Resident Retreat
May 6	Chief Resident Retreat
May 10	Resident Education Day
June 3	Annual Program Review
June 14	Presentation of QI/PI Projects
June 23	Resident & Fellow Graduation Celebration
July 25	ABOG Qualifying Examination



We encourage you to send in updates so we can keep everyone apprised of current happenings in their personal and professional lives. Please send your updates and newsworthy information as well as any comments and suggestions to mcfadden-susan1@cooperhealth.edu